



NATIONAL
SAFETY
MONTH 07

Emergency Preparedness - Home

Expect the unexpected. Be prepared for emergencies.

Americans worry about weather disasters and violent attacks more than they do about other, more likely causes of unintentional injury. While the incidence rate for injuries or deaths due to weather events or attacks is low, being prepared will give you peace of mind.

Emergency Risks

- Natural disasters such as hurricanes, tornadoes and earthquakes
- Extreme conditions such as sustained heat or cold
- Floods, fire and destruction resulting from storms

Tips for Prevention

- Designate a safe place to take shelter in the home during a weather event.
- Keep flashlights and extra batteries on each floor of the house, in easy-to-find places.
- Post emergency phone numbers near the phone. Keep cell phones charged and working.
- Create an emergency kit and keep it in a readily accessible place in the home. It should include a weather radio, batteries, a first aid kit, candles and flashlights, matches.
- Develop an emergency plan, detailing where to go in specific emergencies, and where everyone should meet after evacuation. This should include instructions pertaining to family pets.
- Make sure everyone in the family knows two ways out of the home. Get a safety ladder if an exit is on the second floor. Each family member must know how to operate locks, doors and windows.
- A larger emergency supply kit should be kept in a safe place, containing a three-day supply of water (one gallon per day, per person), a three-day supply of non-perishable food, a first aid kit, medications, entertainment items, family documents, extra clothing and bedding.
- Encourage family members to learn first aid and CPR.
- Install and check smoke alarms and CO detectors. Have fire extinguishers handy and know how to use them.
- Know how to shut off water, gas, and electricity to your home.
- In case of evacuation, determine several routes out of your town. Keep your car's gas tank at least half-full, and leave room in the trunk for emergency supplies.
- Make a written inventory with photographs of all valuable items, and keep an extra copy outside your home.